SAFE Spotlight

March/April 2011



THE SAFE COMMUNITY NETWORK IS AN INITIATIVE OF THE IOWA DEPARTMENT OF PUBLIC HEALTH'S BUREAU OF SUBSTANCE ABUSE PREVENTION & TREATMENT IN THE DIVISION OF BEHAVIORAL HEALTH

A Binge Influence: Findings From The College Alcohol Study

Half of college binge drinkers adopt bingeing behaviors before entering college, the other half develop this pattern during college and, despite the large variation of bingeing rates across colleges (ranging from 1% to 76%), within-college rates have remained constant for more than a decade. College environmental factors likely play an important role in the problem drinking of this high-risk group. A summary of the key findings of this study listed below include the influence of environmental factors and students' bingeing patterns from a review of the landmark Harvard School of Public Health's College Alcohol Study (CAS).

Methods

Participants (n = 50,000) were college students recruited as part of a nationally representative sample of 120 4-year colleges across the United States. Researchers distributed four national surveys to college student participants, first in 1993, and again in 1997, 1999, and 2001. These surveys assessed college students' alcohol consumption and related drinking behaviors.

Result

- Most alcohol-related injuries (53%) and adverse consequences occurred among students who participated in binge drinking. Among respondents who reported alcohol-related injuries 21% consumed eight or more drinks in a row.
- Underage students living at home had the lowest rates of alcohol consumption. The highest rate was among students living in fraternities and sororities
- Higher percentages of racial and ethnic diversity, females, and older students were correlated with lower rates of binge drinking among students, even after controlling for survey year, gender, underage status, and race.
- College students attending "dry" campuses that ban alcohol had a higher frequency of abstainers, but the students who drank at these schools drank at high levels similar to those in colleges without the alcohol ban.

Source: www.basisonline.com, February 23, 2011

SAFE Recertifications:

Valley Community Coalition

Funding Availability*:

- Drug Free Communities
 www.whitehousedrugpolicy.gov/dfc/
- IDPH Community Coalition RFB www.idph.state.ia.us
- Principal Foundation
 www.principal.com
- Union Pacific Foundation www.up.com/found/grants.shtml#1
- Verizon Foundation
 http://foundation.verizon.com/grant/guidelines.shtml
- Wellmark Foundation
 www.wellmark.com/foundation/

*Funding opportunities published here are selected for their news value and do not signify endorsement by IDPH

U.S. Dietary Guidelines Now Include High-Risk Drinking Information

The U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) recently released the Dietary Guidelines for Americans, 2010, which includes guidance for alcohol consumption. The alcohol-related guidelines affirm current scientific evidence indicating that if adults choose to drink, they should do so in moderation — that is, up to 1 drink per day for a woman and up to 2 drinks per day for men.

This year's release also marks the first time the Dietary Guidelines include specific definitions for heavy or high-risk drinking and binge drinking, while emphasizing that excessive alcohol consumption (i.e., heavy, high-risk, or

binge drinking) has no benefits and leads to many acute and chronic health conditions. The *Dietary Guidelines* also differentiate these dangerous drinking patterns from moderate drinking, which is defined on the basis of daily consumption limits and *not* on weekly consumption averages.

The Dietary Guidelines for alcohol consumption are available on pages 30-31 in the chapter focused on Foods and Food Components to Reduce, which is accessible at:

www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/

www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/ PolicyDoc/Chapter3.pdf

Source: CDC /Alcohol Program E-mail, January 31, 2011







lowa Department of Public Health Promoting and Protecting the Health of Iowans

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History of the SAFE Community Network

In 1989, the lowa SAFE Community Network was launched in response to needs and concerns expressed about substance abuse issues across the state. Initially, SAFE was an acronym for "Substance Abuse Free Environment" but now the SAFE format can be used to focus on many prevention-related issues. Offered by the lowa Department of Public Health, this program helps communities collaborate to reduce substance abuse, crime, violence and other related problems. The lowa SAFE Community Network is designed to enhance, recognize and support existing prevention services and initiatives in the community and to be a resource to its citizens.

Upcoming Training Opportunities

SUBSTANCE ABUSE PREVENTION

SPECIALIST TRAINING ON MARCH
23-24 AND APRIL 12-13, 2011
IN JOHNSTON. TO REGISTER, GO TO

WWW.COUNTERDRUGTRAINING.COM

GOVERNOR'S CONFERENCE ON
SUBSTANCE ABUSE ON APRIL 5-6,
2011. TO REGISTER, GO TO
WWW.TRAININGRESOURCES.ORG

IOWA DRUG ENDANGERED
CHILDREN CONFERENCE ON APRIL
11, 2011 IN ALTOONA. TO
REGISTER, GO TO
WWW.IOWADEC.NET

LIVING IN THE NEW NORMAL:
HELPING CHILDREN THRIVE
THROUGH GOOD AND
CHALLENGING TIMES ON APRIL 15,
2011 IN DES MOINES. TO
REGISTER, GO TO
WWW.MILITARYCHILD.ORG



Coalition Update & News

Social Media Primer

CADCA has developed a wiki-based primer to help coalitions use web-based tools to enhance communication with members, other stakeholders, funders and the community atlarge. This interactive resource covers a range of needs for incorporating social media into communication plans, from the basics on why social media make sense for coalitions to measuring the effectiveness of social media initiatives.

This publication is a working document that will change as new tools become available. Each section incorporates a variety of social media tools to enhance planning, implementation and evaluation for local coalitions. This Media Digital Primer can be found at www.cadca.org/SoMeWiki.

Measuring the Effectiveness of Substance Abuse Prevention Efforts

The U.S Department of Education's Higher Education Center for Alcohol, Drug Abuse, and Violence Prevention is offering an online training for evaluating prevention efforts. Evaluating alcohol and other drug abuse and violence prevention efforts assists in determining if chosen strategies are achieving anticipated goals.

This online training will provide participants with the five steps of the evaluation process: (1) describing the intervention, (2) identifying process measures, (3) identifying outcome measures, (4) selecting a research design, and (5) utilizing the results. Within this evaluation process, particular attention will be paid to developing a logic model to guide the evaluation and mobilizing campus re-sources to support your actions. In addition to the presentation, background materials, activities, and an interactive

discussion forum will be included in this training. The training will be available over a two-week period from February 28 – March 11, 2011. To access the training, go to www.higheredcenter.org/services/training/online-training/logic-models

Strategic Prevention Framework State Incentive Grant (SPF SIG) Update

The Iowa SPF SIG Strategic Plan was officially approved by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP) on December 14, 2010. This plan will serve as the framework to guide the Iowa SPF SIG project. The approval of the Iowa Strategic Plan now allows IDPH to move forward with the county funding process. There are 23 counties identified as "highest need" based on the substance abuse priorities and will be invited to participate in the SPF SIG process. A list of these counties as well as the funding process can be found on page 61 of the lowa Strategic Plan which can be downloaded by going to www.idph.state.ia.us/spfsig/common/ pdf/iowa strategic plan revised feb2011.pdf.

IDPH will be hosting two webinar opportunities to learn more about the SPF SIG project in lowa. To register for a specific webinar, click on the link below:

SPF SIG Overview on Wed, Mar 16, 2011 10:00 AM - 11:30 AM CDT

Getting Started: Details for the Comprehensive Substance Abuse Prevention Agencies and Their Partners in the 23 SPF SIG Funded Counties on Wed, Mar 23, 2011 10:00 AM - 11:30 AM CDT